

Physical Education
YEAR 7 CURRICULUM INFORMATION

'Building knowledge, understanding, memory and performance.'

What will students be learning?	Spring 1			Spring 1		
	Girls: Dance			Girls: Tag Rugby		
	To know (Building new knowledge)	To understand (Y7 – verbalise)	To be able to do (Performance)	To know (Building new knowledge)	To understand (Y7 – verbalise)	To be able to do (Performance)
	<ul style="list-style-type: none"> •Students will know the nine performance technical skills in dance. •Students know the different actions used in dance and can recall these from professional works (jumps, turns, travel, gestures and stillness) •Students know how to use space and different dynamics in dance. •Students know the need for the use of relationships within dance. <p>Students know how to create small motif/</p>	<ul style="list-style-type: none"> •Students should be able to verbalise how to apply the nine performance skills in dance. •Students should be able to verbalise the different actions used in dance to choreograph sequences of movement. •Students should be able to verbally explain the use of space. •Students should be able to verbally explain the different dynamics that can be added to movement. 	<ul style="list-style-type: none"> •To use a variety of performance skills in their routine. •Apply different actions to create a new routine in group work. •Use different aspects of SPACE within their dance, e.g., levels, different pathways. •Incorporate different dynamics to original movement to change a motif. •Apply relationships effectively in dance, e.g., meet and part, act and react. 	<ul style="list-style-type: none"> • To know the basic rules of rugby and tag rugby. • When is the right time to pass and not pass forwards. • How to outwit an opponent in a small, sided game, demonstrating understanding of the basic rules to score a try. • How to tackle (tag) correctly in a game • Know when to select the correct skills to outwit opponents in a small, sided game. 	<ul style="list-style-type: none"> • Students will be able to describe the correct technique to catch the ball effectively and safely. • Students will be able to instruct how to pass the ball accurately in a small, sided game. • Students will be able to discuss how to outwit opponents using learnt skills and techniques in a small, sided game. • Students should be able to verbally explain the rules used in tag rugby. 	<ul style="list-style-type: none"> • Be able to develop fundamental ball handling skills. • Perform passing and receiving with accuracy in a small, sided game. • Be able to catch the ball and pass backwards. • Outwit opponents using skills learnt. • Be able to tackle (tag) correctly in a small, sided game.

sequences in small groups.	Students should be able to verbalise how to start and finish a dance piece			<ul style="list-style-type: none"> Students should be able to describe how to tag/tackle in a game of tag rugby. 	
How will students be assessed?	<p>Alongside the levels identified on the assessment grid teachers will consider the following when assessing students:</p> <ul style="list-style-type: none"> Questioning Group discussions Leadership skills Students' ability to apply new concepts when choreographing their dance piece Problem solving approaches when amending their dance using new concepts. The application of movement into a routine 		<p>Students will be formatively assessed throughout various skills and techniques. This allows for live feedback for each student, reinforcing techniques and opportunity for reflection before final application opportunities.</p> <ul style="list-style-type: none"> Foundation skills/knowledge – assessed through live verbal and visual feedback and the assessment of application. Declarative knowledge - the key information that students require will be assessed through questioning, verbal discussions, and leadership opportunities. Procedural knowledge - will be assessed through data, essentially how fast, far, and long are the performances. <p>Opportunities for further assessment strategies will be built into lesson time covering elements of verbal contributions/team work/leadership/students ability to apply new concepts/problem solving/the application of rules of the game, during drills and during performer, either as an performer or coach.</p>		
Literacy – What keywords will be taught?	<ul style="list-style-type: none"> Posture Alignment Flexibility Strength Stamina co-ordination balance mobility 		<ul style="list-style-type: none"> tactics, e.g., principles of attack and defence finding and using space changing speed being direct marking covering, delaying moving feet watching the ball 		

	<ul style="list-style-type: none"> • core control • choreography • movement • motif • SPACE • Directions • Pathways • Dynamics • Relationships • Levels • size and shape of movement • formations • actions • jump • turn • gesture • travel and stillness/balance. 	<ul style="list-style-type: none"> • following through • Knock on. • Tackle (Tag) • Try
What employability skills are being developed?	<ul style="list-style-type: none"> • Perseverance • Self-motivation • Competitiveness • Communication • Teamwork • Creativity 	<ul style="list-style-type: none"> • Perseverance • Self-motivation • Competitiveness • Communication • Observation skills • Officiating and leadership opportunities • Performance analyst opportunities • Verbalising and feedback opportunities
Wider Curriculum Links?	<ul style="list-style-type: none"> • Maths – data • Biology – effects of exercise on the body. • Physics – Lifting 	<ul style="list-style-type: none"> • Biology – effects of exercise on the body. • Food Technology – link between diet and exercise.
	How to play and learning different skills -	

<p>What useful websites are there for this topic?</p>	<p>Dance in Schools Support, advocacy and training for dance educators (onedanceuk.org)</p> <p>https://www.dancetoschool.com/</p>	<p>Skills - https://www.rugbycoachweekly.net/rugby-coaching/team-management/develop-the-five-core-skills</p> <p>Skills - https://www.rugbyskillsdrills.com/attack/passing-the-ball/</p> <p>https://www.youtube.com/watch?v=mRoR2mpJwiA</p> <p>Bitesize - https://www.bbc.co.uk/bitesize/guides/z87j2p3/revision/4</p> <p>https://trytagrugby.com/learn/tag-rugby-rules-how-to-play/</p> <p>https://www.youtube.com/watch?v=v7e8Y8g3sGY</p> <p>Skills - https://www.bbc.co.uk/bitesize/topics/zp2m7hv</p> <p>History - https://www.world.rugby/the-game/beginners-guide/history</p>
<p>What wider reading could be done for this topic?</p>	<p>New terminology</p> <ul style="list-style-type: none"> • PowerPoint slides showing definitions for new vocabulary • PowerPoint slides displaying word banks to help create movement • Videos to explain new terminology • Class discussions • Group discussions • The opportunities to verbalise and share new concepts/ideas within a small group • Think pair share idea's • Question and answer opportunities. 	<p>https://www.bbc.co.uk/bitesize/topics/zp2m7hv</p> <p>https://www.world.rugby/the-game/beginners-guide/history</p>

<p>Community Links</p> <p>What else can students be doing independently to develop their understanding of this topic?</p>	<p>Extra-curricular Students have access to an extra-curricular club with once per week.</p> <p>Opportunities to take part in the school dance evening.</p> <p>House activities Students can audition to take part in the annual arts festival, Eisteddfod.</p> <p>Community There are many local dance schools for students to attend and develop their knowledge further. These clubs offer various styles for all ages on different evenings and weekends. Most dance schools also offer holiday camps which students can attend.</p>	<ul style="list-style-type: none"> • Join local Rugby club such as Sutton Rugby club or Spartans RFC. • Watch YouTube videos of rugby in action • Attend rugby camps in Half term. <p>https://trytagrugby.com/play/</p>